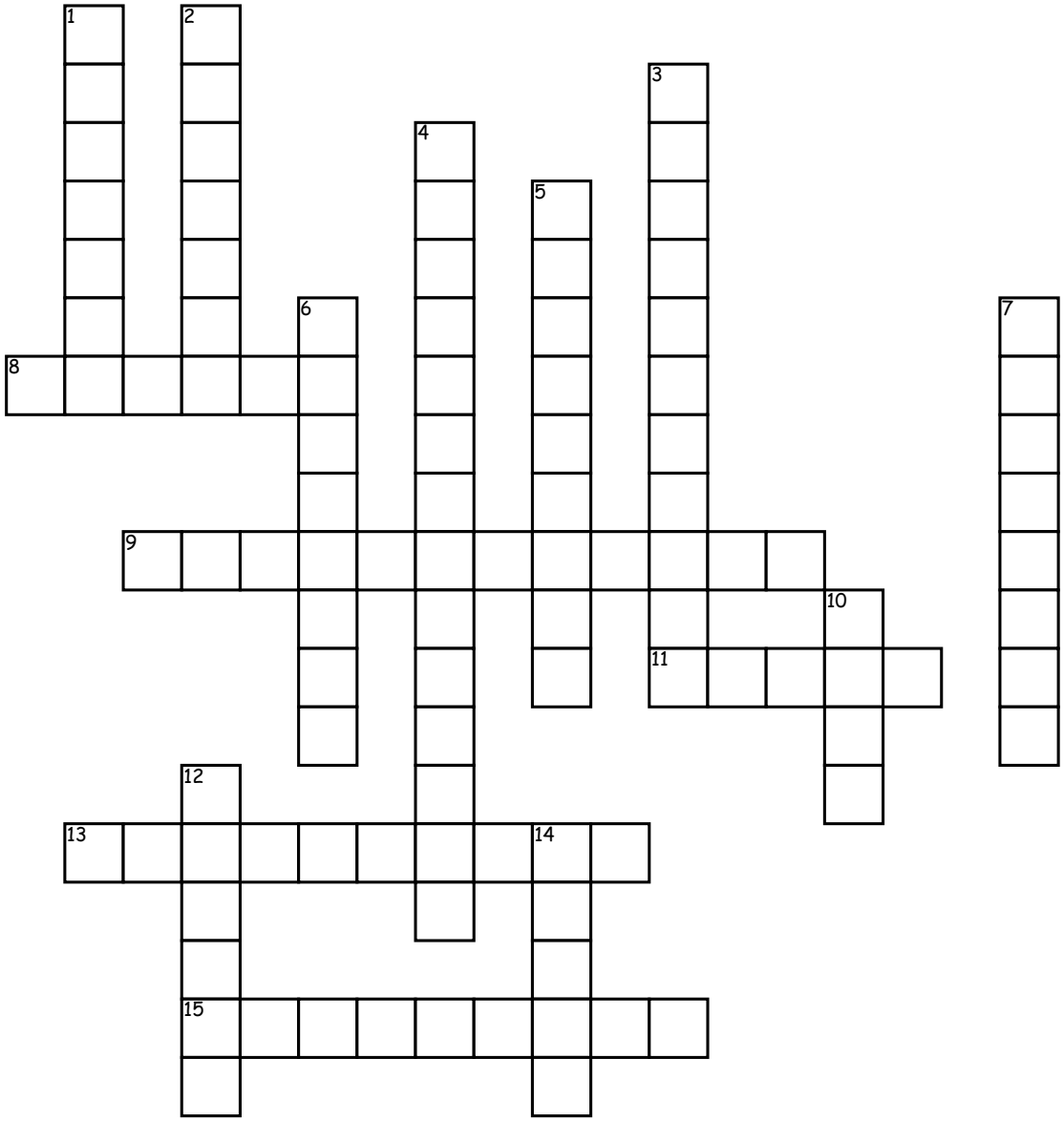
Antioxidants & Functions



Across

8. Some minerals act with _____ systems to destroy free radicals.

9. _____ have an unpaired electron.

11. Free radicals can also be produced by pollution, and/or exposure to UV rays, radiation and _____ substances.

13. Dietary antioxidants must be _____ in foods commonly consumed.

15. Antioxidants donate _____ to "sit with" free radicals to stabilize them.

Down

1. Dietary antioxidants include _____ A, C, E and selenium.

2. Type of antioxidant that protects cells from damage from oxidation:

3. A substance that removes potentially damaging oxidizing agents from a living organism:

4. Chronic disease associated with LDL oxidative stress:

5. The body's inability to neutralize the harmful effects of free radicals is known as _____ stress or chronic disease.

6. Dietary antioxidants must _____ adverse effects of reactive species (free radicals) in humans.

7. The mineral glutathione peroxidase is most commonly known as:

10. Dietary antioxidants must be found in the human _____.

12. Chronic disease associated with carcinogenic oxidative stress:

14. We used the Vitamin C of a _____ in class to prevent an apple from oxidizing.